ABSTRACT OF THE DISCLOSURE

A method for accessing a wireless local area network (WLAN) channel and providing quality of service (QoS) for voice in a system supporting both voice and data services. Under the method, a communication device (302, 303) contends for a medium (channel). Upon identifying a transmit opportunity, the device transmits a voice packet to an access point (AP) (304) and polls the AP for downlink traffic. A low power implementation is feasible because the communication device can sleep, wake up to contend for the medium, transmit a voice packet to the AP, request a voice packet from the AP, transmit an acknowledgement, and go back to sleep.